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LAKELAND

USER MANUAL

TIMELESS
COLOUR

3.5 LITRE OVAL SLOW COOKER

Model: 16050
Helpline No: 015394 88100

The Lakeland Guarantee....
is probably the simplest guarantee in the world!
If you are not satisfied at any time, you receive your money back!
This is our promise.

Lakeland
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Tel: 015394 88100 Web: www.lakeland.co.uk

INTRODUCTION

Thank you for choosing this Lakeland Slow Cooker. Very economical to run, it is perfectly sized for two to four people, and lets you enjoy home-cooked soups, stews and casseroles with very little effort. Please take a few moments to read these instructions before using your slow cooker for the first time, and keep them in a safe place for future reference.

FEATURES

1. Tempered glass lid
2. Removable ceramic crock
3. Base
4. Power indicator light
5. Control dial

Cooking capacity: this 3.5 litre slow cooker has a maximum working capacity of 2.5litre, to allow for bubbling and simmering

Operating voltage: 230-240V 50Hz
Power: 200W

IMPORTANT SAFEGUARDS

When using this slow cooker, please follow these basic safety precautions.

1. Please read all instructions before using.

2. Make sure your electricity supply matches the voltage shown on the appliance.

3. This slow cooker is for household use only. It is not suitable for commercial use, or for use outdoors. The slow cooker must only be used for its intended purpose.

4. Place the slow cooker on a level, heat-resistant surface. Do not let the power cord touch any hot surfaces or hang over the edge of your worktop, where a child could grab it.

5. Do not place the slow cooker on or near a hot gas or electric burner, or in or near a heated oven.

6. To avoid electric shock or damage, never put food directly into the slow cooker base. Always use the ceramic crock.

7. The slow cooker will get very hot during use. Do not touch hot surfaces; always use the handles and wear oven gloves. Take great care when lifting out the crock with hot food inside.

8. To switch off the slow cooker, turn the dial to OFF and unplug from the socket. Always unplug before lifting out the crock, when not in use and before cleaning. Let the slow cooker cool down before cleaning.

9. To prevent electric shock, do not immerse the slow cooker base in water or any other liquid. Do not let the power cord or plug get wet.

10. Please handle the crock and lid with care, and avoid extremes of temperature. The crock should never be heated when empty. Once the crock is warm, do not add further chilled ingredients. Allow the crock and lid to cool before washing.

11. Using accessories that are not recommended by the manufacturer may cause fire, electric shock or injury.

12. The slow cooker is not intended for use by children or infirm people unless they have been adequately supervised by a responsible person to ensure they can use it safely. Children should be supervised to ensure they do not play with the slow cooker. We do not recommend leaving the slow cooker unattended during use.

13. Do not use the slow cooker if the power cord or plug show any signs of damage, or if the appliance is dropped, damaged or working incorrectly. Call the helpline on 015394 88100 to arrange a repair by an authorised repairer, or a replacement. Never try to repair the slow cooker yourself as this may cause electric shock.

BEFORE USING FOR THE FIRST TIME

1. Carefully unpack the appliance and remove any packaging

2. Wash the crock and lid in hot, soapy water or place in your dishwasher. Rinse and dry. The slow cooker base may be wiped with a damp cloth, then dried. It must not be immersed in water.

USING YOUR SLOW COOKER

The beauty of slow cooking is that you can add the ingredients, turn on the slow cooker and enjoy a tender, moist and flavourful meal hours later, with next to no effort. Cooks can make the most of cheaper cuts of meat and root vegetables, with little or no pre-cooking required. Slow cooking is also extremely thrifty on electricity, costing not much more than a light bulb to run. With a little adjustment here and there, you'll find that many of your favourite stovetop or oven-cooked recipes can be adapted to slow cooking.

1. Prepare your ingredients and place them inside the crock. You may like to brown the meat and soften the vegetables in a pan first.
2. Put on the lid. Being transparent you can view the food as it cooks without needing to lift the lid, so preventing any heat and moisture from escaping.

3. Plug the slow cooker into the mains socket. Select the desired temperature. See COOKING GUIDE below. The power light will show the slow cooker is turned on and heating.

4. When your meal is ready, turn the dial to OFF and unplug the slow cooker. The crock can be lifted out and taken to the table, but please wear oven gloves as it will be extremely hot.

COOKING GUIDE

The slow cooker has three temperature settings so that cooking times can be easily adapted. Meals can be slowly simmered all day long, or can be ready in just a few hours. Over time you will develop a feel for how long your favourite recipes take, and this cooking guide offers a helpful starting point.

AUTO WARM: the standard setting, with an average cooking time of 6-8 hours. Food is cooked on HIGH until the correct temperature is reached then kept warm until you are ready to serve.

LOW: if you wish to extend the cooking time

HIGH: if you wish to shorten the cooking time.

Cook on auto warm	Cook on low	Cook on high
4-6 hours	6-8 hours	3-4 hours
6-8 hours	8-10 hours	5-6 hours
8-10 hours	10-12 hours	7-8 hours

Please note: all cooking times are approximate, and will vary according to your recipe and choice of ingredients.

HELPFUL HINTS

- If you don't have time to get your ingredients ready in the morning, they can be prepared the night before and stored in the fridge. In the morning, transfer the food to the crock. Add enough boiling liquid e.g. stock, to cover the ingredients, before switching on the slow cooker.

- Frozen meat and poultry should always be thawed before slow cooking.

- Root vegetables can take longer to cook than meat. They are best cut into small, even pieces.

- As a general guide, most meat-and-vegetable recipes require 5-7 hours on auto warm, 4-5 hours on high and 7-9 hours on low.

- Slow cooking requires very little in the way of stirring, but you may like to give your food an occasional stir if cooking on HIGH

- When lifting the lid, tilt so it opens away from you to avoid being burnt by steam.

- PLEASE NOTE: the crock is microwave safe and ovenproof up to 150oC, but must never be placed on a stovetop or heated when empty. Please do not place the lid in your oven or microwave.

CARE AND CLEANING

1. Turn off and unplug the slow cooker. Lift out the crock and let everything cool before cleaning.

2. Wash the crock and lid in hot, soapy water or place in your dishwasher. Thoroughly dry. Please handle the crock and lid with care and do not use if chipped or cracked. CAUTION: avoid extreme temperature changes. Never put a hot crock or lid into cold water or onto a wet surface.

3. Wipe the base with a damp cloth, then dry. Please do not use abrasive cleaners or metal scourers. To avoid electrical shock, the base must not be immersed in water.

RECYCLING YOUR ELECTRICALS

Along with many other high street retailers, Lakeland has joined a scheme whereby customers can take their unwanted electricals to recycling points set up around the country. Visit **www.recycle-more.co.uk** to find your nearest recycling point.

RECIPIES

CHILLI CON CARNE

Serves 2 to 4 people

30ml/2 tbsp oil
1 large onion, peeled and chopped
1 clove garlic, peeled and crushed
1 green pepper, deseeded and chopped
100g/4oz button mushrooms, sliced
450g/1lb lean minced beef
400g/14oz can chopped tomatoes
30ml/2 tbsp tomato puree
450ml/¾ pint beef stock
3 tsp chilli powder
salt and freshly ground black pepper
420g/15oz can red kidney beans, drained and rinsed
AUTO WARM: 5 to 7 hours

Heat the oil in a saucepan, add the onion, garlic and green pepper and cook for 2 to 3 minutes. Add the mushrooms and minced beef and cook for 3 to 4 minutes until browned. Stir in the tomatoes, tomato puree, stock, chilli powder, salt and pepper. Bring to the boil, then transfer to the crock insert and cook as recommended. Stir in the beans 30 to 45 minutes before the end of cooking.

HAWAIIAN PORK CASSEROLE

Serves 2 to 4 people

15ml/1 tbsp oil
1 onion, peeled and chopped
1 clove garlic, peeled and crushed
1 green pepper, deseeded and sliced
100g/4oz button mushrooms, sliced
750g/1½lb pork fillet, cubed
25g/1oz plain flour
600ml/1 pint pork or chicken stock
30ml/2 tbsp dry sherry
432g/15¼oz can pineapple chunks
salt and freshly ground pepper
AUTO WARM (if you pre-cook the ingredients, as below): 6 to 9 hours
AUTO WARM (without pre-cooking): 8 to 10 hours

Heat the oil in a saucepan, add the onion and garlic and cook for 2 to 3 minutes. Add the green pepper and mushrooms and cook for 1 to 2 minutes. Toss the pork in the flour, add to the pan and cook until browned. Add the remaining ingredients and bring to the boil. Transfer to the crock insert and cook as recommended.

COQ AU VIN

Serves 2 to 4 people

15ml/1 tbsp oil
15g/½oz butter
100g/4oz bacon, chopped
175g/6oz shallots, peeled
1 clove garlic, peeled and crushed
225g/8oz button mushrooms, sliced
4 chicken breasts, boneless and skinned
25g/1oz plain flour
300ml/½ pint red wine
450ml/¾ pint chicken stock
1 bay leaf
1 bouquet garni
½ tsp dried thyme
salt and freshly ground pepper
AUTO WARM (if you pre-cook the ingredients, as below): 4 to 6 hours
AUTO WARM (without pre-cooking): 6 to 9 hours

Place the oil and butter in a saucepan and heat until melted. Add the bacon, shallots, garlic and mushrooms and cook for 3 to 4 minutes. Remove and place in a bowl. Coat the chicken in the flour, add to the pan and cook for 3 to 4 minutes. Return the bacon and vegetables to the pan. Stir in the remaining ingredients and bring to the boil. Transfer to the crock insert and cook as recommended.

POACHED PEARS WITH CARAMEL SAUCE

Serves 2 to 4 people

4 medium sized ripe pears
75g/3oz caster sugar
1.5 litre/3 pints cold water
15ml/1 tbsp lemon juice
LOW: 3½ to 5½ hours
AUTO WARM: 3 to 5 hours

For the sauce:
50g/2oz butter
75g/3oz soft light brown sugar
50g/2oz granulated sugar
150g/5oz golden syrup
124ml/5fl oz single cream
few drops vanilla extract

Peel the pears, leaving the stalk intact. Cut a small slice off the base of each pear so it sits upright. Switch on the slow cooker. Place the caster sugar, water and lemon juice in the crock insert and stir until the sugar dissolves. Add the pears, cover with the lid and cook as recommended. Drain and remove the pears. For the sauce, place the butter, sugar and syrup in a saucepan and heat gently until the sugar dissolves. Boil for 4 to 5 minutes. Stir in the cream and vanilla extract and serve with the pears.

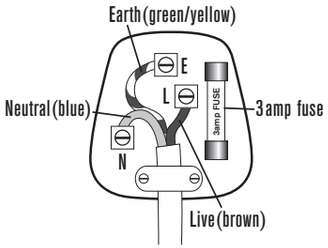
ELECTRICAL CONNECTIONS

THIS APPLIANCE MUST BE EARTHED

This appliance is fitted with a fused three-pin plug to BS1363 which is suitable for use in all homes fitted with sockets to current specifications. If the fitted plug is not suitable for your socket outlets, it should be cut off and carefully disposed of. To avoid an electric shock, do not insert the discarded plug into a socket.

Fitting a new plug

If for any reason you need to fit a new plug, the flexible mains lead must be connected as shown here. The wires in the mains lead fitted to this appliance are coloured in accordance with the following code:



Connect BLUE to Neutral (N)
Connect GREEN & YELLOW to Earth (E)
Connect BROWN to Live (L)
3 amp fuse to be used

If the colours of the wires in the mains lead of this appliance do not correspond with the coloured markings identifying the terminals in your plug, proceed as follows. The wire which is coloured green and yellow MUST be connected to the terminal which is marked with the letter E (Earth) or coloured green. The wire which is coloured blue MUST be connected to the terminal which is marked with the letter N (Neutral) or coloured black. The wire which is coloured brown MUST be connected to the terminal which is marked with the letter L (Live) or coloured red.

Before refitting the plug cover, check that there are no cut or stray strands of wire inside the plug. Use a 3 amp BS1362 fuse. Only BSI or ASTA approved fuses should be used. If you are at all unsure which plug or fuse to use, always refer to a qualified electrician.

Note: after replacing or changing a fuse on a moulded plug which has a fuse cover, the cover must be refitted to the plug; the appliance must not be used without a fuse cover. If lost, replacement fuse covers can be obtained from an electrical shop. This appliance complies with the following EEC Directives: 73/23 EEC (Low Voltage Directive) and 89/336 EEC (EMC Directive).

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